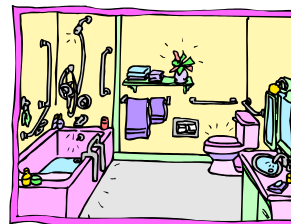


## Bathroom Safety

### Why is bathroom safety important?

Bathrooms are a particularly dangerous part of the home. Common bathroom accidents include scalds, fainting from heat, falls on slippery floors, and head injuries from falling against bathroom fixtures.

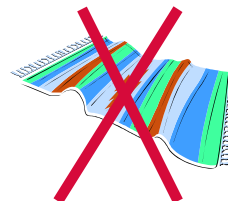


### Bathroom floors

Linoleum or tile on bathroom floors can be slippery even when dry. A loose rug, sock, or soft slipper can easily slide on it. Bathroom floors can be especially slippery if they get wet. It is not always easy to see the wet area.



Nonslip floors in the bathroom will help prevent slips and falls. Don't have loose rugs on bathroom floors.



### The bath and shower

Nonslip pads or strips should be put on bath and shower floors. Getting in and out of the bath gets more difficult as you get older, especially if you are overweight. If the bathtub is a problem, you can take a shower sitting down by putting a plastic chair in the shower and having a long, flexible hose fitted onto the shower head. Don't lock the bathroom door, in case you need help.



Put nonslip pads or strips on the bathtub and shower floor. Install grab bars to help you get in and out of the bathtub.



### The toilet



It can be difficult to get on and off a low toilet. Special toilet seats are available that will fit over a regular seat to make it higher. A grab bar will also help. Many falls occur when a person is rushing to get to the toilet. It is easy to skid on a wet floor or a loose mat around the base of

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the toilet.

Do not use a towel bar as a grab bar.

Install a grab bar close to your toilet.

Use the toilet before it becomes a matter of urgency.



## Water temperature



Water does not have to be boiling to cause a scald. Always test the temperature of the bath or shower water with your hand before you get in. The heat from the hot water in the bath or shower could make you lightheaded, so don't stay in the water too long.

Check the water temperature before you get into the bath or shower.

Have your hot water heater thermostat set below 120 degrees F.

Keep a small chair or stool in the bathroom so you can sit down if you need to.

## Electrical safety and lighting



Don't have a plug-in radio, a compact disk player, or a cassette tape player near your bath.

Don't allow electric cords to trail where people can trip on them.

Always have good lighting in your bathroom.

Have a night light in your bathroom.



Developed by Ann Carter, MD, for McKesson Clinical Reference Systems.

This content is reviewed periodically and is subject to change as new health information becomes available. The information is intended to inform and educate and is not a replacement for medical evaluation, advice, diagnosis or treatment by a healthcare professional.